

# 2019 Online KT Conference: Innovative KT Strategies That Work

Hosted by AIR's Center on KTDRR

October 28, 30, and November 1, 2019

Center on  
**KNOWLEDGE TRANSLATION FOR  
DISABILITY & REHABILITATION RESEARCH**

at American Institutes for Research ■

# The Cochrane eBook Rehabilitation Project: How to Deliver Key Messages to Different Audiences

Francesca Gimigliano

University of Campania Luigi Vanvitelli; International Society of Physical and Rehabilitation Medicine

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# The Cochrane Rehabilitation ebook project: how to deliver key messages to different audiences

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@francescagimi

@CochraneRehab

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# Outline

Cochrane and Cochrane Rehabilitation

Cochrane Rehabilitation Knowledge Translation activities

Cochrane Rehabilitation ebook





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Cochrane is a **global independent network** of researchers, professionals, patients, carers, and people interested in health.

Cochrane contributors - 37,000 from more than 130 countries - work together to produce credible, accessible health information that is free from commercial sponsorship and other conflicts of interest.

**Vision:** Cochrane vision is a world of improved health where decisions about health and health care are informed by high-quality, relevant and up-to-date synthesized research evidence.

**Mission:** Cochrane mission is to **promote evidence-informed health decision-making** by producing **high-quality, relevant, accessible systematic reviews and other synthesized research evidence.**

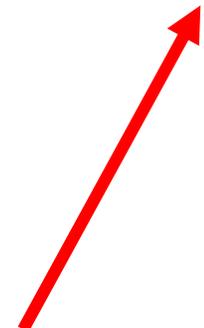
# Cochrane Organization

**Review Group Networks:** preparation and maintenance of systematic reviews

**Geographic Groups:** support Cochrane contributors in their area, and act as a point of contact between Cochrane and their regional health communities

**Methods Groups:** development and implementation of methods used in the preparation of Cochrane Reviews

**Fields:** focus on dimensions of health care other than a condition or topic



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### Cochrane China

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Cochrane, a global non-profit organization with contributors for more than 130 countries, was established to promote evidence-based health decision-making by producing credible, accessible health information in 1993.

As a member of Cochrane family, Cochrane China began its original form as the Chinese Cochrane Centre, established in 1999. After the nineteen years of thriving development in China, Cochrane China expanded its framework in 2018. Cochrane China now consists of the Cochrane China Center (formerly, Chinese Cochrane Center) and the Cochrane China Network which includes 10 Working Groups (for details, please see the Network page).

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- ESPRM and UEEMS PRM Section meeting
- Second Global Rehabilitation 2030 Meeting
- Joint workshop for WHO Package of Rehabilitation
- WHO research meeting: "Health Policy and Systems"

### Cochrane News

- Colloquium Scientific Program at a glance
- Cochrane Neck and Back abstracts receive high praise in recent study
- Czech Republic to host Global Evidence Summit 2021

# Cochrane Rehabilitation Field

- Facilitate the work of Cochrane Review Groups Networks
- **Ensure that Cochrane reviews are both relevant and accessible to their fellow specialists and consumers**

Rehabilitation stakeholders

Cochrane Groups



# Cochrane Strategy to 2020

## AIMS:

1. Make it simpler, quicker and more efficient to produce Cochrane Reviews and other synthesized research evidence
2. **Increase the number of people worldwide accessing and using this evidence in their decision making**



# KT Audiences

## Cochrane

## Cochrane Rehabilitation



### Consumers and the public

Those seeking  
health care, their  
families and carers,  
and the public



### Practitioners

of health care  
including clinicians  
and public health  
practitioners



### Policy-makers & healthcare managers

making decisions  
about health policy  
within all levels of  
management



### Researchers & Research Funders

who need  
information  
regarding important  
gaps in the evidence



**Clinicians**



**Students**



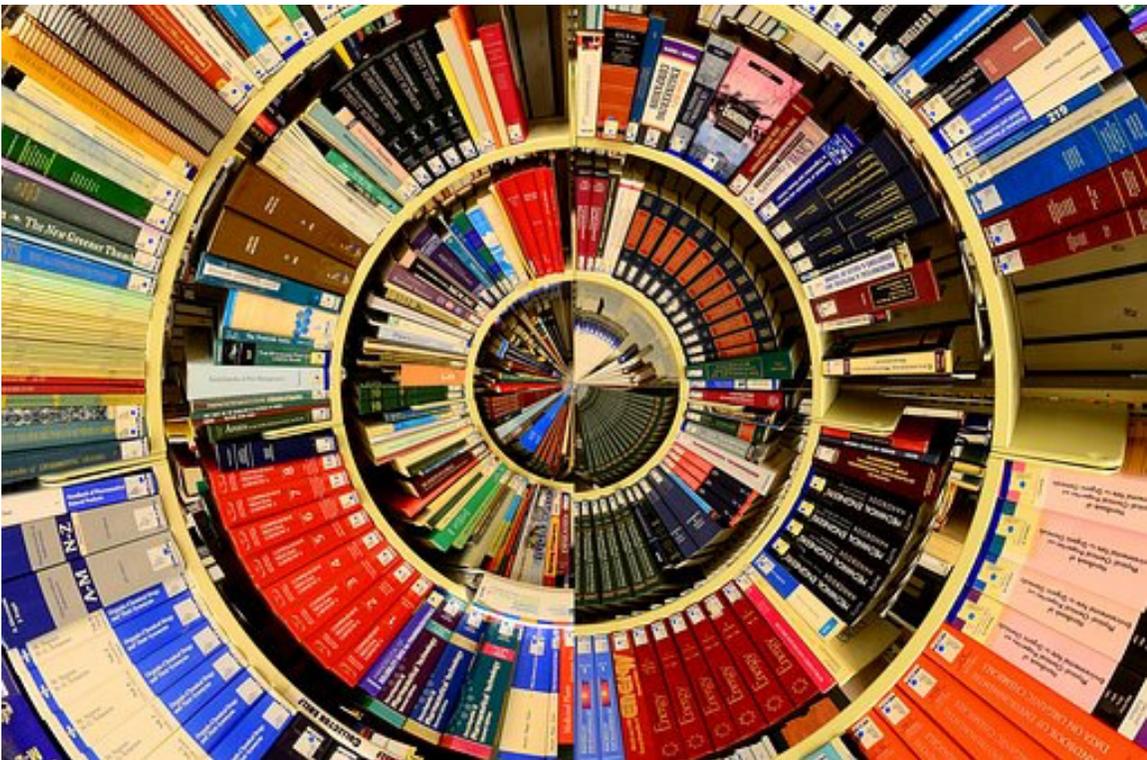
**Politicians**



**Consumers**

# Cochrane Rehabilitation ebook

“Live” ebook available for free in internet to be constantly updated including all Cochrane Systematic Reviews relevant to Rehabilitation



## **Editors:**

Stefano Negrini

Antimo Moretti

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William Levack,

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Francesca Gimigliano

# Cochrane Rehabilitation ebook

The ebook is financed and co-authored by the **European Physical and Rehabilitation Medicine Bodies Alliance**, including:

- European Union of Medical Specialists (UEMS), Physical and Rehabilitation Medicine Section & Board
- European Society of Physical and Rehabilitation Medicine (ESPRM)
- European Academy of Rehabilitation Medicine (EARM)

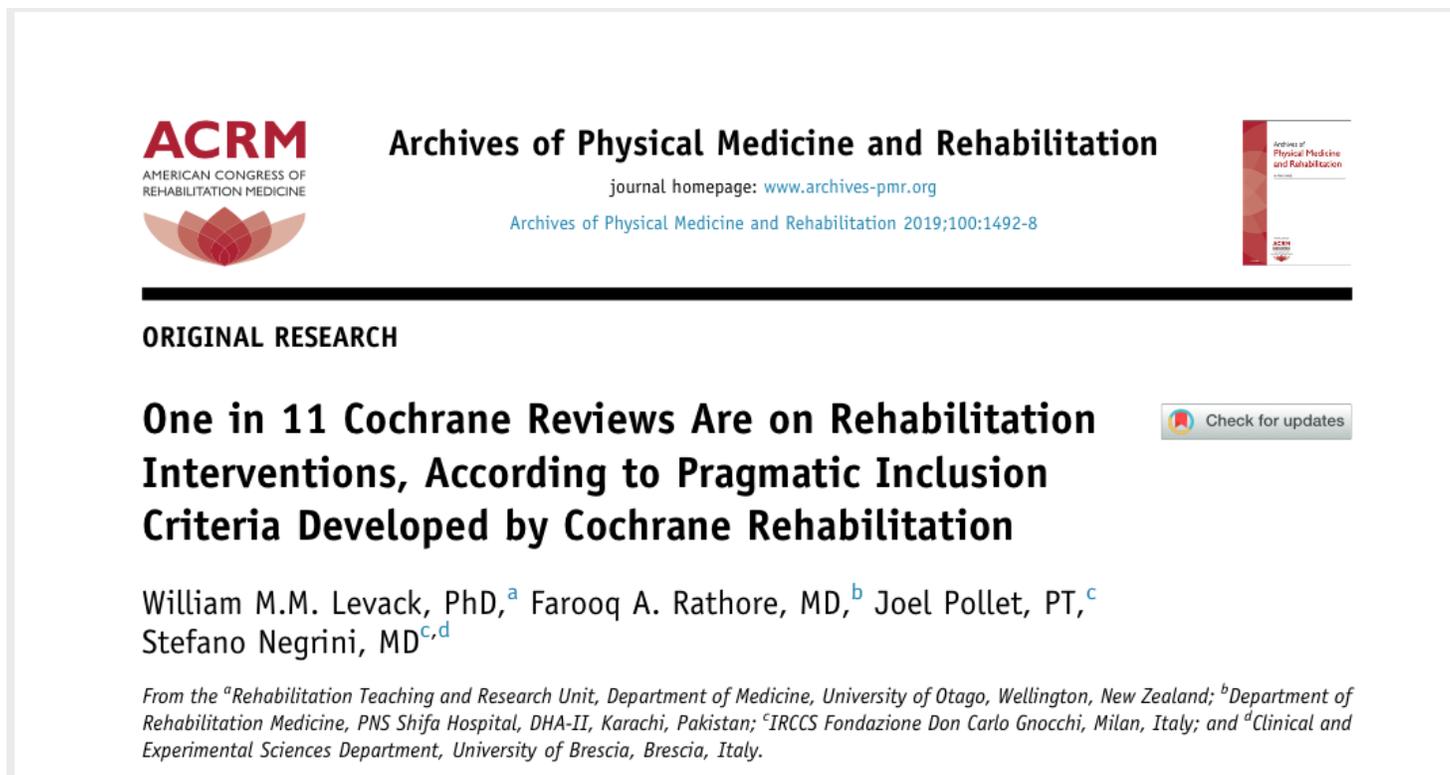
and in collaboration with:

- University of Campania “Luigi Vanvitelli”, Napoli, Italy
- Marche Polytechnic University, Ancona, Italy



# Cochrane Rehabilitation ebook

1. Identification of all the Cochrane Systematic Reviews relevant to Rehabilitation by the **Cochrane Rehabilitation Review Group**



**ACRM**  
AMERICAN CONGRESS OF  
REHABILITATION MEDICINE

**Archives of Physical Medicine and Rehabilitation**  
journal homepage: [www.archives-pmr.org](http://www.archives-pmr.org)  
Archives of Physical Medicine and Rehabilitation 2019;100:1492-8

**ORIGINAL RESEARCH**

**One in 11 Cochrane Reviews Are on Rehabilitation Interventions, According to Pragmatic Inclusion Criteria Developed by Cochrane Rehabilitation**

William M.M. Levack, PhD,<sup>a</sup> Farooq A. Rathore, MD,<sup>b</sup> Joel Pollet, PT,<sup>c</sup> Stefano Negrini, MD<sup>c,d</sup>

*From the <sup>a</sup>Rehabilitation Teaching and Research Unit, Department of Medicine, University of Otago, Wellington, New Zealand; <sup>b</sup>Department of Rehabilitation Medicine, PNS Shifa Hospital, DHA-II, Karachi, Pakistan; <sup>c</sup>IRCCS Fondazione Don Carlo Gnocchi, Milan, Italy; and <sup>d</sup>Clinical and Experimental Sciences Department, University of Brescia, Brescia, Italy.*

Check for updates



# Cochrane Rehabilitation ebook

2. First draft of the ebook index: consultation of the tables of contents of the most referenced and updated Rehabilitation books
3. Following drafts: 4 delphi rounds involving physiatrists, physical therapists, nurses, occupational therapists, psychologists, orthotists/prosthetists, speech therapists, and neuropsychologists

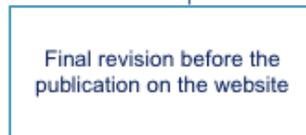
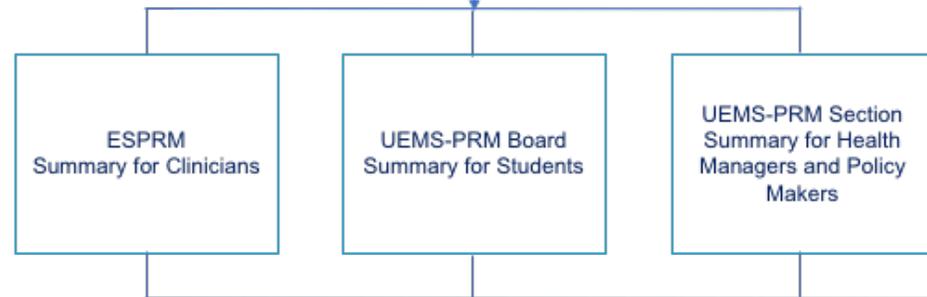


# Cochrane Rehabilitation ebook

4. Matching of the Cochrane Systematic Reviews with the content of the final draft of the index
5. **Prioritization exercise** to put in evidence:
  - Existing gaps in Cochrane Systematic Reviews production
  - Redundancies



6.



# Cochrane Rehabilitation ebook



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## Exercise for hand osteoarthritis

<b>Reference</b>	Reference: Østerås N, Kjekken I, Smedslund G, Moe RH, Slatkowsky-t
<b>Abstract</b>	
<b>Plain language summary</b>	DOI: <a href="https://doi.org/10.1002/14651858.CD010388.pub2">10.1002/14651858.CD010388.pub2</a>
<b>Summary for clinicians</b>	Authors: Østerås N, Kjekken I, Smedslund G, Moe RH, Slatkowsky-t
<b>Summary for students</b>	Group: <a href="#">Cochrane Musculoskeletal Group</a>
<b>Summary for health managers</b>	
<b>Summary for consumers</b>	

Diseases:  
1. Musculoskeletal > 1.10 Wrist and Hand injuries

Interventions:  
[Rehabilitation in general](#)  
[Exercises](#)



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## Exercise for hand osteoarthritis

<b>Reference</b>	Abstract:
<b>Abstract</b>	Background Hand osteoarthritis (OA) is a prevalent joint disease that may performing hand-related activities of daily living. Currently, pharmacological modalities are recommended as first-line c knee OA has been documented, but the effect of exercise on hand OA remains unclear.
<b>Plain language summary</b>	
<b>Summary for clinicians</b>	
<b>Summary for students</b>	Objectives
<b>Summary for health managers</b>	To assess the benefits and harms of exercise compared with other interventions, including placebo or no intervention, in people with hand OA. Main outcomes are hand pain and hand function.
<b>Summary for consumers</b>	Search methods We searched six electronic databases up until September 2015. Selection criteria



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## Exercise for hand osteoarthritis

<b>Reference</b>	Plain language summary:
<b>Abstract</b>	Exercise for hand osteoarthritis
<b>Plain language summary</b>	Background - What is hand osteoarthritis and what is exercise?
<b>Summary for clinicians</b>	Osteoarthritis (OA) is a disease of the joints that causes joint pain, stiffness and swelling. It may hinder people from doing what they want and need to do. Usually, symptoms come on slowly but get worse over time. OA may occur in any joint but is most commonly seen in the hip, knee and small joints of the hand. No cure for OA is known, but available treatment alternatives may reduce pain and stiffness, increase function and improve self-management of the disease.
<b>Summary for students</b>	
<b>Summary for health managers</b>	Exercise is an activity done to improve or maintain your fitness, ability or performance. A period of planned exercise often aims to improve or maintain muscle strength, physical fitness, joint mobility and overall health.
<b>Summary for consumers</b>	Study characteristics



# Summary for clinicians

**Target audience:** All clinicians and allied rehabilitation health professionals

**Approved by ESPRM delegates**

## Guidelines:

[First paragraph] What we know and what we don't know about the investigated intervention

[Second paragraph] The aim of this Cochrane Systematic Review was to ....

[Third paragraph] The main outcomes included were ...

[Fourth paragraph] Interventions included ...

[Fifth paragraph] Control groups included ...

[Sixth paragraph] This Cochrane Systematic Review analysed X studies, including X participants...

[Seventh paragraph] Briefly describe the main results considering the summary of findings table (GRADE) whenever possible

[Eighth paragraph] Conclusions based on the main results. Consider the paragraph “Implications for practice” and use the ‘probably’/‘may’ scheme of the [“Plain Language Summary guidance”](#), developed by Cochrane Norway



## Exercise for hand osteoarthritis

<b>Reference</b>	<b>Summary for clinicians:</b>
<b>Abstract</b>	Despite the pathophysiology of hand osteoarthritis is well known, there is no effective treatment to cure it.
<b>Plain language summary</b>	The aim of this Cochrane systematic review was to assess the benefits and harms of hand exercises in a population of patients with hand osteoarthritis. The most significant outcomes analysed were hand pain, function, joint stiffness, quality of life, and adverse effect.
<b>Summary for clinicians</b>	Hand exercise programmes comprise exercises designed to improve muscle strength, joint mobility and/or joint stability.
<b>Summary for students</b>	The control group included people with hand osteoarthritis treated with no exercise (e.g. usual care, wait list), placebo (sham exercise), other interventions (including patient education, use of assistive technology, functional activity training, hand cream, orthoses or any combination of two or more of these interventions) or comparison of different exercise programmes.
<b>Summary for health managers</b>	The Cochrane systematic review analysed data from 7 randomized controlled trials (RCTs) including 534 participants.
<b>Summary for consumers</b>	



# Summary for students

**Target audience:** Medical or allied rehabilitation health professionals students

**Approved by UEMS-PRM Board delegates**

## Guidelines:

[First paragraph] Brief description of the disease/syndrome (as answering to the question what is the problem?)

[Second paragraph] Brief description of the investigated treatment

[Third paragraph] The aim of this Cochrane Systematic Review was to ...

[Fourth paragraph] Brief summary of the results as described in the plain language summary. Current evidence shows that ...

[Fifth paragraph] Comment on how and if the evidence could change in the future. Considering the ... quality of the evidence, future research is likely/not likely to change the estimate of the above findings



## Exercise for hand osteoarthritis

<b>Reference</b>	<b>Summary for students:</b>
<b>Abstract</b>	Hand osteoarthritis is the most common form of arthritis. Its incidence is higher among older women. It is characterized by progressive joint deterioration resulting in joint swelling, inflammation, bony enlargement and bone erosion in with consequent activity limitations and participation restrictions.
<b>Plain language summary</b>	
<b>Summary for clinicians</b>	There are several symptomatic treatment options available for hand osteoarthritis, aiming to reduce pain and functional disability. In particular, among non-pharmacological approaches, exercise might be effective and safe for all people with hand osteoarthritis.
<b>Summary for students</b>	
<b>Summary for health managers</b>	This Cochrane systematic review concluded that exercise might reduce hand pain and finger joint stiffness and improve hand function among people with hand osteoarthritis, but the level of evidence is low. There is insufficient evidence on the effect of hand exercise on quality of life.
<b>Summary for consumers</b>	Considering the low quality of the evidence, it is very likely that future trials may change the quantitative effect, while the overall efficacy of the treatment may or not change.
	The summary was prepared by:



# Summary for health managers

**Target audience:** Policy decision makers and Rehabilitation administrators

**Approved by UEMS-PRM Section delegates**

## Guidelines:

[First paragraph] Brief description of the epidemiology of the disease, reporting data in terms of 1/100.000 or 1/1.000.000 people, and the costs of the disease and its management. “Epidemiological studies suggest that... The economic burden of ... is ...”

[Second paragraph] Brief description of the standard treatment and how the investigated treatment is part of it or alternative to it, including International or National guidelines, if appropriate. “International and national guidelines state that...”

[Third paragraph] Very brief summary of the main results as described in the plain language summary. “Current evidence shows that ...”

[Fourth paragraph] Brief conclusion about rehabilitation. “Actual Cochrane evidence shows that ...” using the ‘probably’/‘may’ scheme of the “[Plain Language Summary guidance](#)”, developed by Cochrane Norway

## Exercise for hand osteoarthritis

<b>Reference</b>	<b>Summary for health managers:</b>
<b>Abstract</b>	Hand osteoarthritis is a common disease for older people with a frequency of 100 per 100,000 person-years.
<b>Plain language summary</b>	There are several symptomatic treatments available but there is still no cure.
<b>Summary for clinicians</b>	According to the European League Against Rheumatism (EULAR) and the National Institute of Health and Care Excellence (NICE) guidelines, exercise therapy is a core treatment to improve hand pain and function.
<b>Summary for students</b>	
<b>Summary for health managers</b>	Actual Cochrane evidence favours hand exercises that might be a feasible and cost-sparing intervention.
<b>Summary for consumers</b>	The summary was prepared by:  Author: Marco Paoletta



# Summary for consumers

**Target audience:** Rehabilitation patients and caregivers

## Guidelines:

Summary of the plain language summary

Write in a clear and simple language as to explain to a patient his pathology, functioning and possible treatments

Focus on rehabilitation patients

## Exercise for hand osteoarthritis

<b>Reference</b>	<b>Summary for consumers:</b>
<b>Abstract</b>	Hand osteoarthritis is a chronic degenerative disease of the joints very common in the elderly. Patients usually present pain, stiffness and reduced hand function that might interfere with some activities of daily living.
<b>Plain language summary</b>	
<b>Summary for clinicians</b>	Currently there is no definitive cure for hand osteoarthritis. Available treatment strategies may reduce pain and stiffness, increase function and improve self-management of the disease. Exercise therapy can be considered as a first line treatment and it is recommended by international guidelines.
<b>Summary for students</b>	
<b>Summary for health managers</b>	
<b>Summary for consumers</b>	This Cochrane systematic review found evidence in favour of exercise therapy (defined as interventions targeting muscle strength, joint mobility, joint stability training or a combination of these) over no therapy.
	The summary was prepared by:
	Author: Marco Paoletta

# Cochrane Rehabilitation ebook

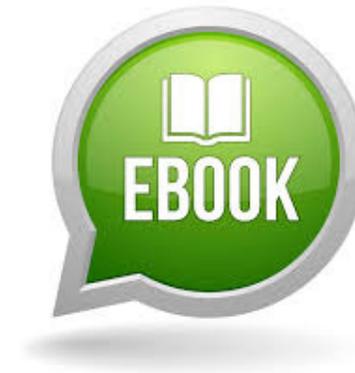
7. Translation into different languages
8. Publication
9. Continuous updating



# KT strategy answers

Reach **all the audiences** with specific summaries and translations

Systematically collect **all the KT products**

A large, stylized grey graphic consisting of horizontal bars of varying lengths and a vertical bar, resembling a cross or a stylized letter 'H'.

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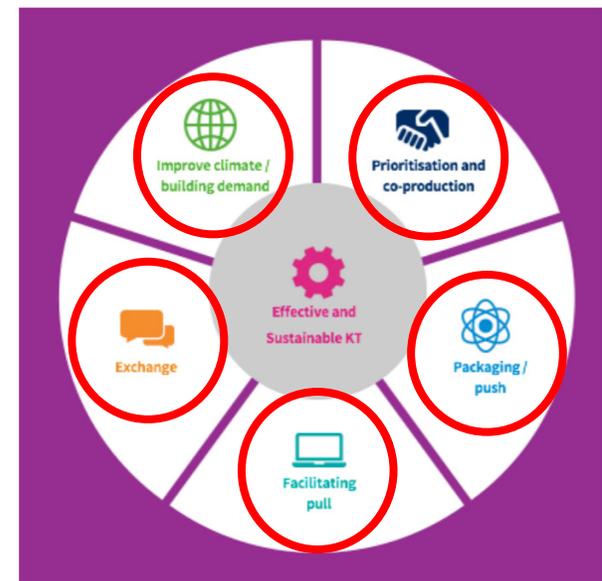
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# A Pilot Project for Cochrane ?

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- Chief-Editor
- Editorial Board
- Output measurements



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# Cochrane Rehabilitation ebook



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European Journal of Physical and Rehabilitation Medicine 2018 October;54(5):808-10  
DOI: 10.23736/S1973-9087.18.05406-0

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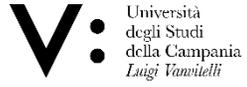
## COCHRANE REHABILITATION CORNER

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### The Cochrane Rehabilitation eBook: a knowledge translation tool to transfer evidence to different rehabilitation audiences

Antimo MORETTI <sup>1</sup>, Francesca GIMIGLIANO <sup>2</sup>, Chiara ARIENTI <sup>3</sup>,  
Joel POLLET <sup>4</sup> \*, Carlotte KIEKENS <sup>5,6</sup>, Stefano NEGRINI <sup>4</sup>





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[francescagimigliano@gmail.com](mailto:francescagimigliano@gmail.com)

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# Disclaimer

The contents of this presentation were developed under grant number 90DPKT0001 from the National Institute on Disability, Independent Living, and Rehabilitation Research (NIDILRR). NIDILRR is a Center within the Administration for Community Living (ACL), Department of Health and Human Services (HHS). The contents of this presentation do not necessarily represent the policy of NIDILRR, ACL, HHS, and you should not assume endorsement by the Federal Government.

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at American Institutes for Research ■